

## **PRIVATE YOGA WITH ACCUPRESSURE**

**\$75**

Gentle hands-on Yoga class with somatic and breath releases to relieve and target areas of tensions and chronic discomfort

## **PRIVATE YOGA FOR ONE**

**\$60**

Minimum 3 week commitment; approach your yoga practice with personalized guidance, pose variability and introduction to yoga history, philosophy and nuances

## **PRIVATE YOGA FOR GROUPS**

**\$120+**

Personalized to you family, party, event or team; \$120 for up to three people, \$140 for 4 people, \$160 for 5 people, \$200 for groups larger than 5, \$350 for special events of groups up to 10, \$500 for groups larger than 10 and/or requiring travel to event location

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## **WHAT DOES "SLIDING SCALE" MEAN?**

*All of Abi's offerings are available on a sliding scale. These prices represent market pricing, and if possible, ideal compensation. However, we often gravitate towards yoga and mindfulness practices when we're in transitionary periods, in physical, mental or emotional strain and navigating dis-ease. Abi will always advocate and negotiate on your behalf, sliding prices as available,*